

STATEWIDE CERTIFIED PEER COUNSELOR CALL

February 24, 2011

Mary Jadwisiak began the call by explaining that starting in March 2011 we will have a permanent call in number. It will be announced and posted, along with the minutes. Many thanks to Bonnie Staples and Kara Panek for obtaining the number and the funding that made this happen.

Additionally, Mary announced that she will be distributing a survey monkey link to contacts around the state. The survey will collect information resulting in a snapshot of CPC employment practices by mental health agencies around the state. The survey also will result in a contact list that will be available to the public, so potential employers and CPC's needing support, will have people to contact. Participation is voluntary. CPC's also can participate in the survey and choose not to have their information made public. How the list will be kept current has yet to be determined, but we're moving forward based on feedback we've received that a contact list would be helpful.

This month's topic speakers were then introduced.

FEBRUARY TOPIC: Support

Speaker~ Melanie Green, Recovery Specialist; Clark County RSN

Melanie discussed her role with the Clark County RSN and how she works to enhance system-wide supports for CPCs in Clark County.

Melanie's role with Peers (certified or not)

- to provide information, support, technical assistance, etc
- coordinate regular meetings for Peers based on what they say they want and need.
- Melanie is also a resource for Providers regarding the role of Certified Peer Counselor's.

History of Peer Support in Clark County

- Formalized peer support in Clark County began several years ago when a Parent Partner program was created with funds from a SAMHSA grant.
- When the certification process began statewide, many peers were grandfathered into the program.
- The RSN required that each agency hire CPC's (certified peer counselor)
- Apart from agencies, Clark has Peers working in hospital diversion program, evaluation and treatment center, the school, CVAB, and juvenile justice.

As part of her work with the RSN, Melanie participated in helping develop guidelines for employers of Peer Support Specialists. This work took a year to accomplish and the results are posted on the Clark county website.

Peer Support Guideline Development

- The county facilitated two meetings with stakeholders
- Stakeholders created guidelines for peer support services
- The document includes guidelines, principles, implementation and indicators and can be viewed at www.clark.wa.gov/mental-health/recovery/peer.html

Speaker~ Chris Becker, Peer from CVAB (a peer-run recovery community) in Clark County.

Chris's recipe for success

- A strong support team!
 - Different people for different types of support
 - Ensures he doesn't burn out one person
- Developing a support team is an ongoing process
- Having other Peers employed in his office is particularly supportive
- Although working in this field can be challenging, it also supports his recovery for example, teaching support groups is helpful to him.

Callers identified challenges	Callers identified potential solutions
The only Peer employed at an agency	<p>King county: Helen Nilon at NAVOS; Harbor view;</p> <p>Pierce county: Optum Mental Health</p> <ul style="list-style-type: none"> ○ Sandy Gregoire or ○ Michael Hardee <p>Recovery Innovations</p> <p>Mary will help the group determine how they want to be connected by sending out a survey monkey</p>
	<p>There is an interactive site on www.NWseedsofchange.com that can offer support to individuals who feel isolated in their work</p>
How do I find out about available trainings?	<p>Call your RSN and ask if they are able to provide that information</p> <p>Hero House on the topic of depression</p>

	<p>at the University of WA this Saturday February 26th. www.eventbrite.com Or email sarahstuder@gmail.com</p> <p>Suitcase exhibit, evenings at University of WA</p> <p>Play, "Beyond Normal" at venue called Fifth Avenue in Seattle</p> <p>Seth Dawson, lobbyist and John Murphy with Eastern State Hospital are great sources of information.</p> <p>Becky Bates with 'Passages' in Spokane runs a lifespan mental health services and supports agency and employs Certified Peer Supports.</p>
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MISCELLANEOUS: Melanie Green shared a copy of a national training material (please see attachment). Other resources include:
Townsend, W. and Griffin, G. (2006). *Consumers in the mental health workforce: A handbook for providers*. Rockville, MD: National Council for Community Behavioral Healthcare.

Sound mental health is beginning the process of creating a Peer Support training manual for supervisors.

MINUTES: The minutes will be posted on-line at the following sites:
Bonnie Staples offered to send the new DBHR link upon request and can be contacted at: 1.360.725.1883 (or 1.888.713.6010 after Monday February 28th).

Mary's email address was requested and although she shared it (mary@matac.net), she also reminded people that she is not the keeper of the minutes and people should visit the on-line sites to get that information.

www.nwseedsofchange.org – under the group "Washington Peer Support Specialist Network"

<http://www.facebook.com/pages/edit/?id=265091788819&sk=basic#!/pages/Matac-LLC/265091788819> (my company's face book page – like it and then you'll get notified as soon as I post it)

<http://www.dshs.wa.gov/dbhr/mhpeer.shtml>

NEXT CALL:

The next call will take place on Thursday March 24th from 11:00 a.m. to 12 noon.

TOPIC:

March's topic is ADVANCE DIRECTIVES. The topic was selected from a list of topics submitted by Certified Peer Counselors.

David Lord from Disability Rights of Washington will be educating callers while discussing: **Certified Peer Counselors and Advance Directives**

A reminder notice will be sent out that *will include the permanent phone number and code, as people are still working to identify the permanent number and code.* That information will also be posted on the sites mentioned above.